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WESTFORD COUNCIL ON AGING

NEWSLETTER
May - June 2022

AT THE CAMERON

Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **Thanks for your understanding!**

“GAY NINETIES CELEBRATION!”

The Westford Council on Aging is pleased to announce once again our annual Gay Nineties Celebration on **Friday, May 20, from 10:30am – 2pm at the Westford Regency Inn**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978.692.5523 before May 9.**

If you were born in 1932 or earlier, please indicate your **birth year** when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guests; they will be seated at your table. **Both the honoree and their two guests attend free of charge.**

The cost for all other guests will be \$27 if you are not a member of the Friends of Cameron and \$17 if you are a Friends member. Westford residents will have priority. Transportation is available. **Thank you to our sponsors for their financial support: The Friends of Cameron; Nancy and Chet Cook; Westford Florist; Nashoba Valley Technical High; Westford Rotary.**

EBI's SUMMER BBQ COOKOUT IS BACK

Friday, June 24, at 12noon at the Franco Pavilion

You will enjoy freshly grilled BBQ chicken and/or beef, accompanied by rice, grilled tomato, dessert, beverages and some tunes performed by **Micky Lorden**. **A special thanks to Ebi and Desiree Masalehdan** for sponsoring this free event. Please RSVP at 978.692.5523.

JOIN REPRESENTATIVE JIM ARCIERO FOR DINNER

Thursday, June 30, 2022 at 5pm at the Cameron

Come enjoy some great fellowship with Rep. Arciero and a delicious dinner catered by Il Forno. We are appreciative of this opportunity, and we hope you can join us for this enjoyable evening.



BBQ AND MUSIC WITH MATT YORK

Thursday, June 16 at 6pm at the Cameron

Longtime New England singer/songwriter Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four songwriting legends joined forces in the 1980's to form the country supergroup The Highwaymen. However, prior to that, they'd each established themselves as stars and their careers intersected many times since the 1960's. York has twice been nominated as Best Male Artist by the New England Music Awards and his latest release was named one of the Boston Globe's best albums of 2019. This program is supported in part by a grant from the Westford Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Call 978.692.5523 to sign up.



FAB START TO SUMMER AT EAST BOSTON CAMP

Friday, June 10 11:30am- 2:30pm

Sponsors: **Westford Family FunFest, Westford Fund, First Parish Church Outreach Committee, Friends of the Cameron and Council on Aging Boards**

Come enjoy Pan Loco, New England's original and premier steel drum combo, playing Calypso, Soca, and Reggae music!. Bring a lawn chair because we hope to be under the beautiful tall pine trees for this performance. We will have a food truck from which you will order your lunch with several menu options. After a little Reggae music, enjoy some canoeing (lifeguard on duty), relays, balloon toss and prizes. It will be a fabulous day together. You may drive your cars up to camp site especially if you have mobility challenges or you're not up for the hike. Our van service is also available. In case of rain, we will move to the FRANCO American Club. East Boston Camp is located at 66 Depot Street, Westford. Cost: Friends Members- \$15 and all others - \$25 (This includes Food Truck food & drink costs) A special thank you to the **Conservation Commission and Recreation Department** and for providing this venue and extras. RSVP to 978.692.5523



BRAIN GAMES

Answer to Sudoku

8	1	3	9	7	5	4	6	2
9	5	6	2	4	3	1	7	8
7	2	4	8	1	6	3	9	5
3	8	1	7	9	2	6	5	4
4	7	2	5	6	1	9	8	3
6	9	5	3	8	4	2	1	7
2	3	7	1	5	9	8	4	6
1	4	8	6	3	7	5	2	9
5	6	9	4	2	8	7	3	1

Sudoku
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6	4	1		5				7
							6	
								8
		9					5	1
5					8			4
	7					2		
		6						
	5					7	4	
8	1		9			6		2

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CROSSWORD PUZZLE

ACROSS
1 Lamb's pen name
5 Knot lace
8 Maori seagoing canoe
12 Concentrated (abbr.)
13 Cheer
14 King killed by Samuel
15 Ger. exclamation
16 Malt liquor
17 Tibetan priest
18 Serpent worship
20 Helm
22 Old Irish counterfeit coin
23 Bustle
24 Marvel
28 Of the eye
32 One-spot
33 Tree
35 Amer. Cancer Society (abbr.)
36 Greek letter

DOWN
1 Spoken alphabet letter
2 Circular turn
3 Move little by little
4 Canna plant
5 Tread
6 Mulberry of

ANSWER TO PREVIOUS PUZZLE
BVI OLAF HIDE
EANTELOEADS
SSEBACCHANTE
TALANAIAD
ABDNEWEL
CASTENETRIELE
ANTBELIESIE
ASINBARONESS
MACAWEEEC
POACHARAB
EUREKAREDAAA
BRIERAMACRT
BEVYEBONKPH

India
7 Greek letter
8 Smash
9 Bedouin headband cord
10 Ridge created by a glacier
11 Seaweed
19 Skin vesicle

21 Artificial language
24 Brit. halfpenny
25 Amazon tributary
26 Rapid eye movement (abbr.)
27 Ancient times
29 Jap. porgy
30 Science of (suf.)
31 Central standard time (abbr.)
34 Drone (2 words)
37 Bacchante
38 Absolute (abbr.)
40 Arabic letter
41 Fortification of felled trees
43 Hindu prayer position
45 Father; Hebrew
46 Caulerize
47 Room (Sp.)
49 Accent
50 Lo (Lat.)
51 Bun
54 Formal dance (Fr.)

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ENIGMA CRYPTOGRAM

“ZG PI X YUUC KZU FXTTUB QG
XTHEM; QRB ZG PI X KPIG WXT KZU
KPCC TUB.”

— GTHCPIZ SEUJGEQ

PREVIOUS SOLUTION: “If someone betrays you once, it's his fault. If he betrays you twice, it's your fault.” — Romanian proverb

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E005

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: “T” = “N”*

Director's Report ...

Hi Everyone,
We are so happy to welcome Spring! It's so nice to have daylight later, warm sun, fresh air, and blooming flowers! This newsletter is chock full of events, and we hope you'll find several to enjoy with us and your Center friends. There are bus trips, local trips, breakfasts, lunches, and dinners! There are new arts and crafts classes (macrame and woodworking!), a new support group (decluttering), and several summer parties. Please bring a friend to at least one event so we can share our center with new folks. If you need transportation, we offer the best and most affordable van service in town with our dedicated and kind drivers. Just call 978-399-2322. Also, we just received a new van from the **Lowell Regional Transit Authority** equipped with GPS and Bluetooth for hands free phone usage. Come enjoy yourself,

Jennifer



Dinner with Donna is quickly becoming one of our most popular programs! Quirky themes, great food, and live music make these evenings fun and lively!

Thanks to **Donna Dutton** for cooking and bringing her fabulous energy, and to the **Friends of the Cameron** and the **Westford Food Pantry** for sponsoring!



Valentine Luncheon at First Parish fellowship hall was a great success with over 120 beautiful and handsome attendees.

A heartfelt thanks to our annual sponsors and partners: **Friends of the Cameron Senior Center**, **Council on Aging Board**, **RiverCourt Residences** and **Westford Rotary Club**.



New and Notable!

NEW! SIX WEEK DECLUTTERING WORKSHOP

Dates: May 11 – July 6 at 10:30AM

Facilitator: Peggy Siegel and Co-facilitator: Jennifer Claro

This workshop is focused on giving participants the tools to reorganize, release and repurpose meaningful space in your home. Have you struggled to de-clutter your space so that there is more room for you, family and friends? Perhaps you simply don't know where to begin and/or need someone to help hold you accountable? This decluttering group may be the support you need. We are fortunate to have Peggy Siegel, recently retired psychiatric nurse, leading this group. Peggy brings over 40 years of experience of individual and family counseling, and has also been an effective facilitator of many types of groups. Peggy and her husband Richard reside in Westford. You may recognize Peggy who actively volunteers at the registrar's desk and Trudy's. These workshops will be held **every two weeks starting Wednesday, May 11th** at 10:30AM in the library. Each participant will be given the book, *Buried in Treasures: Help for Compulsive, Acquiring, Saving and Hoarding* by authors: David Tolin, Randy O. Frost and Gail Stekee in preparation for bi-weekly group discussions. Please RSVP to 978.692.5523

WOODWORKING WITH AL

Weekly beginning Thursday, May 12, 9-11am, 5 weeks

At the Cameron with Al Jones

During these five weeks, you will work on two different projects—a walking stick to use on your outdoor adventures, and a charcuterie (meat and cheese) board for festive gatherings. Cost is \$15. Sign up at 978.692.5523



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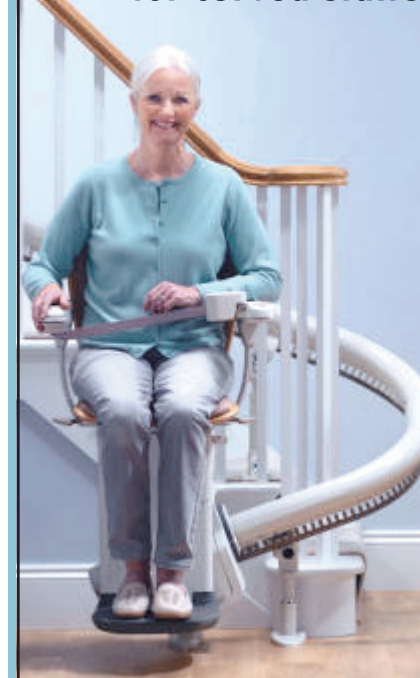
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DINING AND GAMES

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **Wednesday May 25 at 11:30 at TreMonte Pizzeria, 361 Middlesex Rd, Tyngsboro** and **Wednesday June 29 at 11:30 at Taka Asian Cuisine, The Point 602 Constitution Ave, Littleton.** Please pre-register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive you, check in under “Westford Senior Center”. Please make restaurant suggestions to Annette at 978.399.2326.

Special thanks to the Friends of the Cameron for their financial sponsorship of the events listed below!

BIRTHDAY CELEBRATION

Tuesday, May 17 at 12pm

Pork Tenderloin, Potatoes, Vegetable

Wednesday, June 1 at 12pm

Chicken Parmesan

Enjoy birthday cake and ice cream after lunch as we regale our birthday celebrants with a robust round of Happy Birthday singing. Lunch will be provided by students of Nashoba Tech Culinary Arts Program. Cost is \$5 and birthday celebrant lunch is free. To register please call 978.692.5523. Thanks to Bear Mountain Healthcare for their generous donation of cake and ice cream.

MEN'S BREAKFAST

Our favorite breakfast chefs, **Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson**, prepare eggs, sausage, bacon, and potatoes with sides. If you have any suggestions for upcoming speakers, please speak with **Ken Hyle**.

Monday, May 9 at 8am Our very own Hal Schreiber will discuss things to be aware of when filing your tax return.

Monday, June 13 at 8am Karen Johnson from the Law Office of Madge & Johnson, P.C. will be doing a presentation on Estates, Wills, and Trusts. **\$3 suggested donation. RSVP to 978.692.5523** **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**

The men's breakfast will resume in September.

MOTHER'S DAY WOMEN'S LUNCHEON

Wednesday, May 11th at 12pm

In honor of Mother's Day, May's Woman's Luncheon is being generously **sponsored by Patti Mason and Mary Alcorn.** This will be the last Woman's Luncheon until Fall, We would like to thank all the volunteers that have helped with the Woman's Lunches. It could not have been done without you. Advanced registration is required for Mother's Day luncheon so please call to sign up 978.692.5523.

DINNER WITH DONNA

Tuesday, May 24, 5pm - 7:30pm

Sign up quick for our next Dinner with Donna and entertainment with Boston singer, “Smokin Joe”. Sure to be a treat! **The Westford Food Pantry and the Friends of Cameron** are kindly subsidizing some of the cost of this meal so the fee is only \$3.00. Dinner will be pulled pork, potato casserole and broccoli salad. 978.692.5523.

Games

GAME NIGHT

Thursdays, May 5 and June 2, 5:30pm

We are excited to offer a fun game night the first Thursday of every month. In May we will be playing Jeopardy with teams and prizes! June will hopefully “draw you in” with Pictionary! Give your game suggestions to Annette. Cost is \$2 for refreshments. Be sure to sign up so we know how much to buy.

MONDAY BINGO

Mondays at 1pm

Join us inside at the Cameron for BINGO Fun! \$1 to buy a colored dobber. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978.692.5523.

1st and 3rd Friday BINGO

We offer BINGO on the first and third Fridays each month beginning at 1pm. BINGO supplies can be purchased—\$1 for a dobber and \$3 for a BINGO sheet which includes 3 BINGO boards. **We are moving 3rd Friday to the 4th Friday in May because of the Gay Nineties celebration.**

If you're interested in having lunch with your BINGO friends, register for any or all of the following lunch offerings prepared by BINGO chef Mike Dyer

Friday May 6 at 12pm English Muffin Pizzas

Friday May 27 at 12pm Hawaiian Chicken Salad Sandwiches

Friday June 3 at 12pm Hot Dog & Hamburger – back by popular Demand!

Friday June 17 at 12pm Meatball Subs

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523. For any questions about BINGO call your program coordinator, Katie Russell at 978-399-2330.

CARDS AT THE CAMERON

Please register at the front desk for selected game (s) . If there is a cancellation, we will notify you by phone.

BRIDGE Thursdays at 2:30pm

CRIBBAGE Wednesdays at 12:30pm

HAND AND FOOT (Canasta) Thursdays at 12:30pm



Health and Wellness Offerings

Fitness Classes

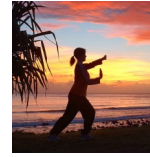
A special thanks to the Friends of the Cameron for helping to subsidize these classes

TAI CHI

Mondays at 1pm

Eight Weeks beginning May 2

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session; others pay \$5 per class. Sign up at 978.692.5523.



BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am

Tuesdays and Thursdays 1-2pm

To register please call the Cameron at 978.692.5523. Class space is limited, and an application must be completed (with doctor's approval) to join the class. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

Tuesdays, May 10 through June 28

9-10am: Beginner Class

10-11am: Advanced Class

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructor for this 8-week series is Ray Caisse from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 per session, and non- residents is \$5 per class. Sign up at 978.692.5523.**



CHAIR MOVEMENT WITH CAROL WING

Tuesdays and Thursdays at 10:10am

Tuesdays May 3—June 28

Thursdays May 5—June 30

To register call 978.692.5523 Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



ZUMBA WITH CAROL WING

Tuesdays and Thursdays at 9:15am

Eight Weeks

Tuesdays May 3—June 28

Thursdays May 5—June 30

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am

Eight weeks beginning May 3

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, pliability, strength training, plyometrics, and cardiovascular fitness. Get a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Please call to sign up at 978.692.5523. Class fee for Westford Residents is \$50, others are \$65



KRIPALU YOGA WITH CHRIS CONNOLLY

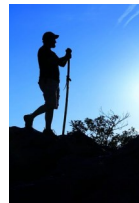
Tuesdays at 4pm starting May 31 for 8 weeks

Kripalu yoga is a gentle, meditation style of yoga that includes breath work, warm up movements to prepare for yoga postures or asanas, mudras or hand gestures, meditation and more. In the practice of Kripalu yoga, you are guided to move at your own pace, honoring your body's needs in each moment. Using this style of yoga, classes are designed to cultivate a relaxed state of body and mind. Use of a chair is fine if needed. Props such as a yoga strap, 2 blocks, and a cushion or heavy blanket to sit on are recommended but not mandatory. A yoga mat is definitely needed. Practice will end in a final pose of relaxation. Cost is \$5 per class or \$40 for the session paid at the Front Desk. Call 978.692.5523 to sign up.



HIKE WITH MIKE!

Join local hiker, Mike on some walks around town. All hikes will meet at 9am and are approximately 2 hours long. A water bottle, insect repellent, sturdy footwear, and hiking pole(s) are recommended. See dates and details below.



East Boston Camps

Date: June 6, 2022

Distance: 2.3 miles

Terrain: Rolling hills, rocks and roots

Trailhead: Kiosk at EBC

Parking lot off of Depot St.

Folly Trail

Date: June 20, 2022

Distance: 1.8 miles

Terrain: Rolling hills, rocks and roots

Trailhead: Mass Audubon

Parking lot, 196 Concord Rd., Westford.

Kennedy Pond and Esker Loop

Date: June 27, 2022

Distance: 1.9 miles

Terrain: Rolling hills, rocks and roots

Trailhead: Kiosk at the parking lot off of Trailside Way (after #7 Trailside Way).

2022 BUS TRIPS

ISABELLA STEWART GARDNER MUSEUM

Wednesday, May 25

Isabella Stewart Gardner was herself a most interesting person whose life story made her a center of attention, and sometimes controversy! You'll be accompanied by a Museum Tour Guide who will provide expert artistic commentary as you explore the Museum today. After our museum visit, your driver will conduct a drive by tour of the Boston Common, the State House and you'll also view the Public Gardens. You will also have a delicious Luncheon at Venezia. This trip is created by Fox Tours and the cost will be \$119 per person.

WOO SOX AT POLAR PARK!!!

Wednesday, June 1 10am

The Woo Sox Play Ball! You'll arrive at Polar Park an hour prior to game time, allowing you time to view pre-game warmups, have a bite to eat and take in all the sights at this beautiful new Baseball Park. Then you'll enjoy all the action from your excellent Polar Park Reserved Seats when the Woo Sox and their opponent take the field. You'll depart after the game and a great day at Polar Park! Go Sox!!! This trip is created by Fox Tours and the cost will be \$89 per person.

BLOCK ISLAND

Thursday, July 7 8am

Your first destination is Point Judith, Rhode Island, where you'll board your ferry for an invigorating one hour ride to Block Island. Here, you'll enjoy a 1 1/4-hour tour across the Island with a native Block Island guide. A delicious luncheon also awaits you at the National Hotel. This trip is created by Fox Tours and the cost will be \$139 per person.

ICONS AND LEGENDS CONCERT (THE ULTIMATE TRIBUTE SHOW) AND LOBSTER BAKE

Tuesday, July 19 Time TBD

Experience some of the greatest hits from some of the greatest entertainers of all time. Our Icons & Legends Concert Tribute will have you dancing and singing your day away. JOZAY AND PATTI perform this highly entertaining and energetic show that brings you the most memorable music from the decades known for their radio idols, pop-rock groups, and hit melody makers. This multi-faceted show is big, dynamic and thoroughly entertaining. Enjoy a traditional Maine lobster bake at Fosters Lobster bake. This trip is created by Best of Times Travel and the cost will be \$110 per person.

MAINE'S FAMOUS "BULL AND CLAW" LOBSTER BAKE

Tuesday, August 9 9am

Arriving in Maine, "The Pine Tree State" you'll travel along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a Lobster Feast at The Bull and Claw Restaurant After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit, where you'll have time to visit the quaint shops. Finally, you'll visit the outstanding 'When Pigs Fly Bakery' in Kittery and experience their old-world artisan breads. This trip is created by Fox Tours and the cost will be \$109 per person.

LAKE WINNIPESAUKEE AND CASTLE IN THE CLOUDS

Wednesday, September 7 Time TBD

Travel with Best of Times Travels to the shores of Lake Winnepesaukee for a scenic cruise on this magnificent lake and take in amazing views of the lake as we travel up to the Castle in the Clouds. Breathtaking views are a bound on this fun-filled day trip. Also enjoy lunch at the Heart Turkey Farm. Cost of the Trip is \$159 per person

NORTH SHORE MUSIC THEATER PRESENTS KINKY BOOTS

Wednesday, November 2 10:30am

Kinky Boots is a musical with music and lyrics by Cyndi Lauper and book by Harvey Fierstein. The musical tells the story of Charlie Price. Having inherited a shoe factory from his father, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola to produce a line of high-heeled boots and save the business. In the process, Charlie and Lola discover that they are not so different after all. Before the show enjoy a wonderful lunch at Bertucci's Restaurant. This trip is created by Fox Tours and the cost will be \$149 per person

CHRISTMAS WITH PAUL ANKA

(A SPECIAL HOLIDAY TRIBUTE SHOW)

Wednesday, December 7, Time TBD

Join Best of Times Travel for an incredible Christmas Celebration as we bring the music of Paul Anka Live to our stage with Lou Villano's - Christmas with Paul Anka! All The Hits of Paul Anka & More....this dynamic show will feature not only the greatest hits of Paul Anka but the chart topping hits he wrote for others such as Buddy Holly, Frank Sinatra, Sammy Davis Jr., Tom Jones, Frankie Avalon, and Bobby Rydell to name just a few. Sprinkle in some of our favorite Holiday songs performed only the way Paul Anka can, and you have an incredible Holiday Show! Enjoy a plated lunch at The Danversport. Cost of the Trip is \$109 per person

From the Westford Health Department

Cleaning Out Your Medicine Cabinet of Expired Medications

The Westford Police Station has a medication kiosk for disposing unused or expired prescription or nonprescription (over the counter) medications. Put all pills to be discarded into a baggie, no identifiers, close the bag and slide it into the opening of the kiosk at the police station.

No liquids, No inhalers, No fentanyl patches

Se website for more information.

<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>

Sharps Collection

The Health Department collects used sharps (syringes and lancets) from Westford residents only. Collection sites are at the Health Department located on the 2nd floor of Town Hall and at the kiosk located in the Police Department entry way. All materials must be delivered in a sharps container, **No commercial disposal, no loose needles, no glass containers, no plastic or paper bags. Do not leave any items outside the kiosk or office**

<https://www.westfordma.gov/368/How-to-Dispose-of-Used-Needles-Syringes#:~:text=The%20Health%20Department%20will%20now%20collect%20used%20sharps,Kiosk%20located%20in%20the%20Police%20Department%20entry%20way.>

How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please call Martha at 978-399-2324
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Robert Rafferty, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
John Wilson, Maintenance
Edna MacNeil, Front Desk
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Karen Heitkamp, Night Supervisor

COUNCIL ON AGING BOARD MEMBERS

Helena Crocker, Member Emeritus
Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Sandra Collins
Patricia Holmes
Terry Stader
Barbara Upperman

FRIENDS OF CAMERON BOARD MEMBERS

Pat Reppucci, President
Donna Owens, Vice President
Kevin McGuire, Treasurer
Frances Kosenko, Asst. Treasurer
Katharine Karr, Secretary
Gail Austin
Helena Crocker
Barbara Tonucci

BOARD MEETINGS

COA Board-May 18 and June 15 at 4pm
Friends of Cameron—May 19 and June 16 at 10am

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>



Helping you through your next home transition, every step of the way.

Carrie Hines
M 978.505.1678
carrie.hines@compass.com

Jennifer Lane
M 978.835.9381
jen.lane@compass.com

Jenn Gavin Russo
M 508.574.5046
jenn.gavin@compass.com

Nancy Allam
M 978.505.8865
nancy.allam@compass.com

Wendy Crandall
M 617.359.5969
wendy.crandall@compass.com

COMPASS

MONARCH GROUP

Health Screenings and Information

WESTFORD HEALTH DEPT BLOOD PRESSURE & MORE

Tuesdays, May 10 and June 14 at 9am

Meet with Gail Johnson, the Town's Public Health Nurse

Health screenings including blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns.

HEARING SCREENING

Mondays, May 9 and June 13 at 9:30am

Dr. Megan Ford from HearSmart Audiology of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

NEED ASSISTANCE WITH MEDICARE?

Mondays, May 9 and June 13

BY APPOINTMENT ONLY SHINE (Serving Health Insurance Needs of Everyone) CAN HELP! Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Call 978.692.5523 to schedule.

Why do I need Prescription Advantage?

Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it; It can lower your co-pays if you reach that coverage gap, also known as the "donut hole"
- It allows you to change your Medicare plan outside of
- Medicare's open enrollment;
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability. Find out how Prescription Advantage can help you by calling 1-800-243-4636 or visiting

www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

ALZHEIMERS ASSOCIATION NEWS

New England regional chapters have developed resources to help those with Alzheimer's and dementia and their caregivers navigate the challenges presented by the COVID-19 crisis. They have also included information on their advocacy efforts, and ways you can get involved in the fight against Alzheimer's. The 24/7 Helpline is available for around-the-clock care and support at 800.272.3900. Feel free to contact us with any question, any time. Their Virtual Education page has many live education programs for caregivers, people with memory loss, and others. Check it out here: https://www.alz.org/manh/helping_you/community_family_education

Social Fitness Activities

TUESDAY GOLF AT QUAIL RIDGE

354 GREAT RD. ACTON MA

Tuesdays beginning at 7:30am

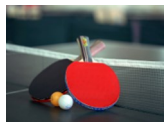
Now—October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at (978) 264-0399 to reserve for your tee time. Make sure you say you're with the Westford Group to get this special price.



PING PONG

Mondays at 2pm, Tuesdays at 3:30pm, and Fridays at 9:30am

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron. Just see the front desk to request the equipment. To get current information for pickle ball around Westford, check the pickle ball website.

<https://sites.google.com/view/westfordpickleball/home>

Healthy Food Options

SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,147 or (household of 2) is less than \$2,903, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Westford Food Pantry

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

FOOD PANTRY HOURS:

- Wednesday Evenings from 6 to 8 pm
May 4, 11, 18, 25
June 1, 8, 15, 22, 29
- Friday Mornings from 9 to 11 am
May 6, 13, 20, 27
June 3, 10, 17, 24

For more information, or to donate, check their website at www.westfordfoodpantry.org

WHOLE FOODS DISTRIBUTION

Mondays and Thursdays at 1:30pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.



Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

SOCIAL SERVICES AND OUTREACH NEWS

Outreach

ARE YOUR HOME ADDRESS NUMBERS VISIBLE?

First responders home need to find your home quickly in the event of an emergency. Home numbers should be of contrasting color to your home (i.e. black on white), permanently fixed, visible from the street and at least 3 inches tall or greater. Numbering your mailbox is also suggested. If your home is not well marked, your numbers can not be seen from the street, and you would like some assistance, please contact Annette at 978.399.2326.

GRIEF SUPPORT GROUP – for Westford residents 55+ Thursdays, May 12 and 26, June 9 and 23

We have now offering a grief support group twice monthly. While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These “drop in” groups will be offered on the **2nd and 4th Thursday of every month at 4:00** here at the Cameron. There is no fee and no required attendance. If you have any questions please call Annette or Alison at 978.692.5523.

ARPA Household Assistance Funds: We have received ARPA funding through the town to assist financially qualified households with mortgage/rent/utility payments. The funding is limited and applications are taken on a first come first served basis. If you have questions about the program or may want to apply, call Alison at 978.399.2325

ARPA Funds for Mental Health copayments and deductibles. We know that many people have been seeking mental health support services, but are concerned about the cost of regular co-payments or deductibles. We have \$3000 to be used toward assistance to low-income individuals and households with payments for therapy/counseling/medication visits with mental health providers. Anyone on LIHEAP, SNAP, SSI, EAEDC, or Masshealth is financially eligible. If you think this may help you, call Alison at 978.399.2325.

DEMENTIA CAREGIVER SUPPORT GROUP CHANGE

Our Support Group Leader, Sandy, has retired from her role after many years of amazing leadership. We appreciate her commitment and wish her well in her new endeavors. We are currently working with the Alzheimer's Association to find a new group leader, but we are not sure when someone new will be available. Please call Alison to inquire about whether the group will be running in May/June. You may also call Alison for referral to other groups.

Spotlight on Emotional Wellness-Skills for Everyone with Lisa Wessan, LICSW, RM, CLYL

Based on the premise that every thought becomes a chemical reaction in your body, this 6 session workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy Skills Training (DBT), including how to identify and describe your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others. **This workshop series will be brought to our center by a grant from the Greater Lowell Community Foundation.**

MAY 13 1—3 pm Dialectical Behavior Therapy (DBT) Mindfulness Skills Part 2: The “HOW” Skills; How to be non-judgmental; How to practice Radical Acceptance; How to stay in the present moment; How to be more effective, willing, compassionate; How to be less willful and impulsive. Review the spiritual dimension of Wise Mind; Guided group meditation.

June 10 1—3 pm DBT Emotion Regulation Skills Part 1: Setting Goals of Emotion Regulation: Understand and Name Your Emotions, as Dr. Dan Siegel says, “If you can name it, you can TAME it!” Learn to use the Emotion Wheel. Explore What Emotions Do for You; What Makes it Hard to Regulate your Emotions? Reveal Myths and Beliefs about Emotions. Guided group meditation.

About the instructor: Lisa Wessan, LICSW, RM, CLYL, is a Psychotherapist, Life Coach, Dialectical Behavior Therapy Skills Trainer (DBT), author, speaker and consultant. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *The Boston Chronicle*, *The Boston Globe*, *CNN*, *Paula Zahn Now*, *The Lowell Sun* and *The Wall Street Journal*. She is in private practice in Westford, MA, and travels widely presenting a variety of wellness and personal growth programs. Visit www.lisawessan.com for further information.



Lisa Wessan, LICSW, CLYL, RM, Psychotherapist, Dialectical Behavior Therapy Skills Trainer (DBT), Walk and Talk Therapy (WATT)

Friends Corner

The Friends membership drive is underway. Annual memberships will run July 1, 2022, through June 30, 2023. Flyers are available at the Cameron if needed.



Membership annually is \$15 for an individual and \$25 for a family. Additional donations are gladly accepted.

The Friends annually contribute \$25,000 to the Cameron for program and support services. Continued support includes assisting qualified seniors with emergency financial assistance for food, housing, utilities, medical services, and transportation. We cover some costs associated with fitness, exercise classes and events.

During March 2022 the Friends have committed to providing \$4,500 in perpetuity to help cover unmet costs of purchasing WI-FI for senior housing communities.

We have also committed to providing \$3,000 to the Westford Health Department, Dental Program along with \$3500 for the Shingles Program, reviewed annually.

With the constraints of the past two years fundraising has suffered. I kindly ask that you continue to support us through renewing your membership as this is a major source of our support to the Cameron.

I am pleased to announce that on May 4, at 1 pm we will be hosting a “Friends Tea”. What a lovely way to start the Spring/Summer season. Keep an eye out for details.

A survey will be available in the Cameron lobby May 1, 2022, asking for feedback on future Lifelong Learning activities.

Thank you for your support,

Pat Reppucci
President, Friends of the Cameron Senior Center

Friends website <https://westfordmafriendsofcameron.com/>

Arts and Crafts

OPEN ART STUDIO

Tuesdays 1pm – 3pm

Do you have projects that you are working on but also would enjoy some company while you paint? If so, Open Art Studio may just be the place for you. Drop ins are always welcome.

BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI **6 weeks beginning May 19**

Thursdays from 1pm-3pm

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**

SEWING & QUILTING CLUBS

Mondays 10am – 1pm and Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!

MACRAME PLANT HANGER

Wednesdays, June 15, 22, and 29 2pm— 3:30pm

"When you come to the end of your rope, tie a knot!" Macrame is easy to learn and appeals to all ages. Master the knots of macrame to create decorative and useful items such as handbags, wall hangings, holiday decor and especially plant hangers. We will begin by learning basic knots and techniques and make a few small projects. Then we will start the plant hanger using the knots you have learned. Please bring scissors and a tape measure if possible. All other materials provided by instructor. Cost for the 3 classes will be \$9.00 (\$3.00 per class). Spaces are limited. Please sign up at 978.692.5523.



DOLAN FUNERAL HOME

James F. Dolan **978-251-4041** James F. Dolan II

106 Middlesex Street
North Chelmsford

www.dolanfuneralhome.com

Pre-Planned
Funeral Counseling

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2022		1 WOO SOX 9:30 Bone Builders 12:00 Birthday Lunch 12:30 Cribbage 6:00 Food Pantry	2 9:00 Woodworking 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 5:30 Game Night	3 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
	6 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	7 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Kripalu Yoga	9 9:00 Woodworking 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support	10 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 11:30 Summer Party/EBC 1:00 DBT Skills
	13 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	14 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Kripalu Yoga	16 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:30 Movie Night 6:00 BBQ and Music	17 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
	20 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	21 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 4:00 Kripalu Yoga	23 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support	24 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Ebi's BBQ
	27 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 Tai Chi 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong	28 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Kripalu Yoga	30 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 5:00 Dinner with Rep Arciero	

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center Open Tuesdays and Thursdays until 7:30PM

Housing and Independent Living
Resources

ORGANIC VEGETABLE DISTRIBUTION

Every Thursday, tentative start date, June 2, 1pm
We are grateful that, due to our relationship with Gaining Grounds of Concord, they will once again be offering their organic produce weekly to all Westford residents who meet income guidelines (fuel assistance criteria). To participate, please sign an income attestation on the day of produce pick up. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd in the community center parking lot. We will pass out disposable numbers starting at 1pm. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:30pm Any questions call Annette at 978.399.2326.

HAVE HOME REPAIRS & MAINTENANCE NEEDS?

SIGN UP FOR HELP BY Friday June 10
The United Methodist Church of Westford and West Chelmsford have a mission group of youth, young adults and their adult mentors who will be offering help June 27 –30. The volunteers will be working together to complete home repair and maintenance jobs for those unable to pay or to physically do the work themselves. Jobs are selected and completed based on greatest need. Examples of the work that can be done include, home repairs (i.e. installing railings, fixing steps, removing wood rot), painting, and yard work. You will be required to sign a release that volunteers can be on your property. If you have a project that you would like assessed, please contact Annette by June 10 at 978.399.2326.

ASK THE REALTOR

With Kathy Cunningham of Coldwell Banker, Westford
Mondays May 9 and June 13 at 10am
Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

Community Resources

VET 2 VET

With retired veteran's agent and resident Terry Stader
Tuesdays, May 10 and June 14 at 11am
Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

ASK THE DETECTIVE

Thursdays, May 12 and June 9 at 11am
Donuts with Detective Nicoletti-Come enjoy some morning treats while you chat with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is also open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

ASK THE LAWYER

Tuesday, June 7 beginning at 9:30am
Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Appointments are 20 mins each. Please call 978.692.5523 to reserve a timeslot.

FREE PIANO LESSONS

Thursday evenings
Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

CAMERON VAN TRIPS



PICKITY PLACE

Wednesday, May 18 at 10am
Enjoy a scenic ride on the Cameron van to Pickity Place for a delicious five-course gourmet herbal luncheon. Since 1786 Pickity Place's quaint little red cottage has graced the hills of southern New Hampshire, You will find our hilltop hideaway at the end of the winding dirt road. Come and lighten your spirit as you step out of your world and into ours. Cost for this enchanting outing will be \$35.00. Call 978.692.5523 to sign up —spaces are limited!

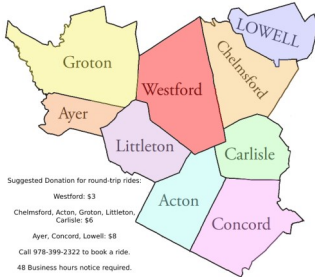
TOWER HILL BOTANIC GARDEN

Wednesday, June 22 at 9:30am
Take a self guided tour of Tower Hill and use colorful Garden maps and signage to tour gorgeous conservatories and grounds on your own then join the group for a boxed lunch. Enjoy breathtaking views. Cost for today will be \$35.00. Call 978.692.5523 to sign up —spaces are limited!



Cameron Center Transportation Department

Serving Westford’s residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.** Weekly trips to Westford Market Basket on Tuesdays. Weekly Bingo Rides on Monday and Friday.



If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there’s no need to call Transportation!

DRIVER OF THE MONTH!

Paul Davis has worked as a driver at the The Cameron since July, 2021. Prior to working with us, Paul was an environmental analyst/ Branch Chief for Mass. Dept of Environmental Protection from which he retired in 2020.

Paul has been married to his wife Mira for 36 years and has one son, JC, a Westford Academy graduate who now works for a defense contractor in New York’s capitol city area.

In his spare time, Paul likes to play music, kayak, goes bicycling, traveling, and wine tasting with his lovely wife.

Paul enjoys working with the wonderful folks who ride the van and learning about Westford in the days of olde, as well as the occasional free donut! He also enjoys the wonderful folks who work at the Cameron Senior Center, who he says makes it good to come to work. “It is moving to see how much they care for the senior community and for each other” . We are glad Paul is here!



The Transportation Department is delighted to showcase our new vehicle, Van 2204. Thank you to the Lowell Transit Authority! Westford resident Norman Bouchard was our first rider on March 24 with our featured van driver Paul Davis. Our newest vehicle carries the seal for the Town of Westford as

well as the Town of Westford signage stating that we transport both seniors and disabled residents of any age. We look forward to driving you.

Your safety, comfort and convenience while a passenger in the Westford Council on Aging (COA) Van are our responsibility! Accordingly, the COA has approved the outlined policies concerning van transportation operated by the Westford Cameron Senior Center. These policies are published for your information.

To schedule a ride:

Call: The Cameron Senior Center (978.692.5523 or 978-399-2322 at least 48 hours before you need transport. The earlier we have your information the better. Have ready your pick-up address, your phone number, your destination, Doctor’s name and number (if necessary), return time and return address.

Notation: Mark the time of your pick-up and return.

Departure time: Be ready **15** minutes prior to your appointed time -- the van driver should not need to go to your door to let you know he/she has arrived. Exceptions will be made to those people requiring special assistance.

Fees: The suggested donation for van services are \$3.00 round-trip in Westford, \$6.00 round-trip to any town that “touches” Westford, and \$8.00 round-trip to regional towns including Ayer, Concord, and Lowell

Cancellations: If you decide not to use the van, you must notify the Center.

We try to provide service to everyone, but occasionally we cannot accommodate a request. We schedule up to one month ahead so don’t wait to call for an appointment.

SOCIAL AND ENRICHMENT ACTIVITIES

MOVIE NIGHT

Thursdays , May 19 and June 16 at 4:30 pm sharp

Join us in May for the true story, *House of Gucci* starring Lady Gaga and in June the romantic comedy, *I’ll See You In My Dreams* starring Blythe Danner and Sam Elliot. Just \$4.00 for a movie, popcorn, refreshments, and light meal. Please call to sign up 3 days prior at 978.692.5523. Thank you to the Friends of the Cameron for subsidizing costs **Thank you to the Friends of the Cameron for subsidizing costs.**

BOOK CLUB

Tuesdays May 17 and June 21 at 2pm

Are you a reader and like to talk about books? Join us in May to discuss the biography *Grandma Gatewood’s Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail* and in June the humorous mystery, *Dial A for Aunties* by Jessie Sutanto You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

UPBEATS BAND

Thursdays 10am

Are you experienced at playing an instrument? Join our house band, The Upbeats. Play music and have fun! New band members always welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	3 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	4 9:30 Bone Builders 12:30 Cribbage 1:00 Friends Tea 6:00 Food Pantry	5 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 5:30 Game Night	6 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
9 8:00 Men’s Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	10 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	11 9:30 Bone Builders 10:30 Decluttering 12:00 Women’s Lunch 12:30 Cribbage 6:00 Food Pantry	12 9:00 Woodworking 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support	13 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 DBT Skills
16 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	17 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:00 Birthday Lunch 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong	18 9:30 Bone Builders 10:00 Pickity Place 12:30 Cribbage 6:00 Food Pantry	19 9:00 Woodworking 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:30 Movie Night	20 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 10:30 Gay Nineties
23 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	24 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 5:00 Dinner with Donna	25 GARDNER MUSEUM 9:30 Bone Builders 10:30 Decluttering 11:30 Restaurant Rev 12:30 Cribbage 6:00 Food Pantry	26 9:00 Woodworking 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support	27 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
30 Memorial Day Center Closed	31 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:00 Kripalu Yoga			May 2022

Fitness Center, Library, Billiards Room, Computer Room, Trudy’s Boutique open daily from 9—3
Fitness Center also open Tuesdays and Thursdays until 7:30PM